

Fayetteville Parks and Recreation

Adult Co-Ed Kickball League Rules



Thank you for choosing to play kickball in Fayetteville!

Playing Field

- *Dimensions*
 - Field sizes shall vary, but:
 - The pitching rubber shall be set at 43'. This is about 14 paces from Home Plate.
 - The distance to each base shall be set at 60'.
- *Infield Arc*
 - There shall be an arc on each field marked with chalk that extends from the first and third base line at 43'.



- *Catcher's 'Box'*
 - There shall be a catcher's 'box,' which are two lines in a right angle marked with chalk to the left of home plate.
 - The first line of the 'box' shall be parallel to the front of home plate.
 - The second line of the 'box' shall be parallel to the side of home plate.
 - The intersection of the catcher's 'box' shall be 7' from the back point of home plate.



- *Strike Zone*
 - There shall be a strike zone marked at home plate on each field.
 - There shall be a line marked with chalk that extends 24” on each side of home plate.
 - At the end of each line, there shall be a 1’ orange cone.



Equipment

- *Game Ball*
 - Parks and Recreation provides the official game ball for each game. The game ball shall be a 10” WAKA kickball inflated 1-1.5 lbs.
- *Playing Equipment and Uniforms*
 - All players must wear close-toe shoes. Cleats are acceptable, but must not have metal spikes or tips.
 - Teams are not required to wear uniforms, but they are certainly encouraged.
- *Gloves and Devices*
 - No player shall wear any device that gives her or him an unfair playing advantage. An unfair playing advantage shall be determined by the field umpire.
- *Captains*
 - Each captain must keep a batting order and team roster available during the game.

General League Rules

- *Teams*
 - Each team plays in either the Game On or Chill Out League.
 - A team shall be comprised of seven to 20 players.
 - A team must have at least seven members of their team present to play.
 - A team roster is due at registration, but may be updated until the end of the third week of play.
 - A player must be on a team roster to play.
 - Players on each team may play in Game On and Chill Out leagues. However, players must choose to play in either the Game On or Chill Out post-season tournament.
 - A player may play on one (1) Game On and one (1) Chill Out team.
 - A team shall be comprised of a majority of players that play exclusively in the league in that the team is entered. For instance, a Game On League team with 12 players must have at least seven players that only play in that league.
- *Captains*
 - Each team shall have a captain. The role of the captain includes:

- To regularly receive league updates and standings from the recreation program manager.
- To solely represent their team to communicate with an umpire during a game.
 - The only individual that may protest a call in a game is a team captain.
- To maintain the team roster.
- To vote, through email, on various items that arise in the league.

Game Play

- *Length of the Game*
 - Each game shall last 6 innings or 45 minutes, whichever comes first concludes the game.
 - If the time limit is met, “One-Pitch Play” shall begin immediately.
 - Each batter shall have one pitch to kick the ball.
 - If the pitch is a ball, the player takes first base.
 - If the pitch is a strike or a foul ball, the player is out.
 - One-Pitch Play shall continue for one full inning following the beginning of One-Pitch Play.
 - If a game is not decided by the end of one full inning of One-Pitch Play, the last player out on each team shall go to second base at the start of the second full inning of One-Pitch Play.
 - One-Pitch Play shall continue no longer than two full innings. If a winner is not decided after two full innings of One-Pitch Play, the game shall end in a tie*.
 - If the inning limit is met, the game shall end before 45 minutes.
 - *Games may end in a tie in the regular season. Games shall be played until there is a winner during the tournament and the last player out on each team shall go to second base to start an inning until the game ends.
- *Run Rules (Mercy Rule)*
 - A game shall immediately end if at the end of an inning:
 - One team is ahead by 15 runs at the end of the second inning, or
 - One team is ahead by 10 runs at the end of three or more innings.
- *Inclement Weather or Other Circumstances Suspending a Game*
 - Any game that must be suspended for any reason shall:
 - Be replayed at a later date if fewer than three innings have been completed.
 - Be recorded as played if three or more innings have been completed.
- *Timekeeping*
 - The umpire shall serve as the official timekeeper in each game.
 - The umpire shall regularly announce how much time remains in a game at the beginning of each inning.
- *Pre-Game Meeting/Home Team*
 - Umpires shall, before each game, meet with captains to answer questions, provide information, and establish which team is the home team.
 - Home team shall be determined by a coin flip.
 - The captain that wins the coin flip shall decide if they would like to play as the home or away team.

- *Protesting the Call of an Umpire*
 - A team captain may protest the call of an umpire.
 - The call must not be a judgment call (e.g., an out at first base, a strike vs. a ball)
 - To protest a non-judgment call by an umpire:
 - A team captain must register the protest with umpire, then
 - The umpire shall contact the recreation program manager or present Parks and Recreation staff member, then
 - A decision will be made based on the discussion between the team captain, umpire, and Parks and Recreation personnel.

Batting

- *Eligible Batters*
 - A player must be on a team line-up to bat in a game.
- *1-1 Count*
 - Each batter begins with a 1-1 (one ball, one strike) count. A batter:
 - Walks, or takes first base after four (4) balls.
 - If a male player is walked, a team has the option of sending the walked male player to second base and the female following in the batting order to first base.
 - If a team chooses not to send the walked male player to second base, he shall go to first base and the next player to bat shall be the female player following him in the batting order.
 - Is out after three (3) strikes.
 - Is allowed one “courtesy” foul on his or her second strike, after this foul, the batter is out.
- *Batting Order*
 - Each batting order must follow either a male-female or female-male rotation.
 - If a team is batting with an odd number of players, the male or female player batting last must be followed immediately by the next eligible batter in the batting order. For instance, a nine person batting order that ends in a male player must be followed by next female player in the batting order.
- *Kicking the Ball*
 - To put a pitched ball into play, the batter must kick the ball through the strike cones into fair territory.
 - To kick the ball, the batter must:
 - Make contact with the ball below the knee with one leg, and
 - Kick the ball with a forward motion, and
 - Be actively moving her or his leg when contact is made with the ball.
 - The batter must not “double kick” the ball, which means the batter must not make contact with the ball after her or she initially touches the ball.
 - The batter is out if a ball is double kicked in fair territory.
 - The batter is out if he or she effectively “traps” a ball on the ground.
 - The batter must not plant any portion of his or her non-kicking foot across the strike zone.
 - The batter is out if she or he plants their non-kicking foot across the strike zone.

- *Strike Zone*
 - A player may kick any ball, but a ball is considered a strike if the ball passes the plate and:
 - The ball was rolled, or bounced at least three (3) times, and
 - The ball passes through the strike zone without touching a strike cone, and
 - The bottom of the ball passes under an imaginary line drawn between the tops of both strike cones.
- *Infield Fly Rule*
 - An infield fly rule shall be used. These conditions must be met for the rule to apply:
 - There must be runners on first and second base (or first, second, and third base).
 - There must be fewer than two (2) outs.
 - A batter must hit a fly ball into fair territory that can be caught by an infielder with ordinary effort.
 - The umpire must call, “Infield fly!” or, “Infield fly, batter out!”

Base Running

- *Players*
 - No player shall leave the base she or he occupies before the ball is put into play.
 - A player that violates this rule shall be out.
- *Safety Base*
 - First base shall include a safety base, which shall be orange.
 - Batter-runners must use the orange safety base when running through first base.
 - A defensive player must allow the batter-runner to clearly use the safety bag.
 - A batter-runner that uses the white part of the base shall not be called out unless:
 - A protest is filed, or
 - There is a collision between the batter-runner and any defensive player on first base.



- *Pinch Running*
 - Once per game, a player on base may elect to allow a pinch runner to run the bases for him or her.
- *Interference/Obstruction*
 - No player shall:
 - While playing defense, impede the progress of an offensive player.
 - While playing offense, impede the progress of a defensive player.
 - An offensive player that causes an interference shall be called out.
 - The result of a defensive player that causes an obstruction shall be at the discretion of the umpire.
- *Base Coaches*
 - One (1) player from the kicking team is allowed to coach First and Third Base.

Fielding

- *General Conditions*
 - A team may play 10 players in the field.
 - One player must be a pitcher and one player must be a catcher.
 - Six players are allowed to play in the infield, these players may play:
 - First Base, Second Base, or Third Base, or
 - Shortstop, or
 - Pitcher or Catcher.
 - Teams must have at least five (5) male and female players on the field at all times, unless:
 - If playing with eight or nine players, a team must have at least (4) male and female players on the field at all times.
 - If playing with seven players, a team must have at least (3) male and female players on the field at all times.
- *Pitching*
 - A pitcher must:
 - Release the ball below his or her waist, and
 - Release the ball so that it bounces at least three times or rolls completely, and
 - Take only three (3) or fewer steps before releasing the ball, and
 - Release the ball while planting a foot on or immediately behind the 43' field arc.
 - A pitcher must also release the ball while standing and remain within a distance parallel to the distance of the strike zone until the ball is kicked, which is within the distance of the two orange strike cones.
- *Catching*
 - Catchers must stay in the catcher's box until the ball is kicked.
- *First Base*
 - A defensive player playing first base must allow the batter-runner to use the safety bag and only use the white portion of First Base to make force outs or any other type of action on the base.
 - If a defensive player causes a collision by using the orange portion of the bag, the batter-runner shall be awarded First Base.
- *Fielding Boundaries in Addition to Catcher and Pitcher*
 - Infield players must not cross the infield arc until the ball is in play.
 - Outfield players must remain on the outfield grass until the ball is in play.
 - **If any player leaves her or his crossing a fielding boundary before the ball is put into play:**
 - The umpire shall call the play dead and the team shall be given a position warning (on the first infraction only), or
 - The umpire shall call the play dead and the batter shall go to first base and each runner shall advance one (1) base.
 - If the ball is kicked before the play is called dead, then the player may choose to continue playing and take the result of his or her kick. The player may also choose to go to first base and advance all runners one (1) base.
- *Tags and Pegs (A runner or batter-runner shall be out if tagged or pegged.)*
 - A defensive player may tag a runner or batter-runner below the shoulders with the ball.
 - A defensive player need not hold onto the ball, or push the player, during the tag.

- A defensive player may throw the ball, with reasonable force, at a runner or batter-runner below her or his neck.
 - If a ball thrown by a defensive player hits an offensive player above the neck:
 - If thrown accidentally, the runner shall advance to next base.
 - If thrown deliberately, the player shall immediately ejected and face possible suspension.
 - Any offensive player that is pegged when sliding or deliberately moves his or her head into the pathway of a thrown ball shall be out.
- *Catching the Ball*
 - A ball may be caught by a player after bobbling the ball by any fielding player, regardless of whether or not the player first touched the ball.
 - Players on base may stop tagging up as soon as a live ball has been touched.
 - A ball that bounces off any field fence shall be called the same as a ball that landed on the ground in fair or foul territory.
- *Balls Thrown Out of Play*
 - If a ball is:
 - Accidentally thrown out of play, the batter-runner and each runner shall advance one base.
 - Purposefully thrown out of play, the batter-runner and each runner shall score one run.

Notes

- *Sportsmanship*
 - Our league prides itself on being a **positive, friendly, and team-building** experience for all players regardless of previous athletic experience. Players may be ejected and suspended for any instance of unsportsmanlike conduct, which is not limited to, but includes: profuse obscene language, abundantly arguing judgment calls made by an umpire, or mistreating the kickball fields or facility.
- *Free Agents*
 - A free agent list shall be sent to captains each week on Friday. Free agents may play on a team, even after rosters are locked, throughout the regular season. No free agent may play in the post-season tournament unless on a team's roster.
 - A free agent shall retain her or his free agent status until they join a team's roster.
- *Umpires*
 - Fayetteville Parks and Recreation shall provide at least one, trained umpire each game.
- *Changes in the League or Designation of Teams in the Tournament or League*
 - The recreation program coordinator reserves the right to modify program rules to better all teams, but must notify all teams when a rule change happens.
 - The recreation program coordinator reserves the right to place teams in different divisions in the **league or post-season tournament** for any reason.
 - Unless this rulebook conflicts, current World Adult Kickball Association (WAKA) rules are used.

Updates to Rules

Updated July 8, 2015

Updated July 20, 2015

Updated August 13, 2015

